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WAGE! LOVE!

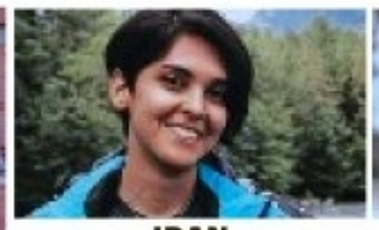
Your essential daily news | A SPECIAL EDITION | WEEKEND, FEBRUARY 3-5, 2017

NOT BANNED HERE

With so much division and hate in the world, these immigrants and refugees from the seven countries recently banned by the U.S. are waging love, not hate — in all of Metro's cities Canadawide

'Now, I have children born here. They are proud to be here... We won't let hate shake us down'

Hani Al-Ubeady, who left Iraq 26 years ago and now calls Winnipeg home



IRAN
Golsa Golestaneh

SOMALIA
Osman Ali

SUDAN
Yousif Makkawi

LIBYA
Eiman Zarrug

SYRIA
Abdalah Ahmad Al Ahmad

YEMEN
Omar Al-Emrani

QUEBEC MOSQUE SHOOTING
'WE WILL RISE FROM THIS DARKNESS STRONGER' metroNEWS

SOMETIMES LOVE MEANS SAYING SORRY
(APOLOGIZE, PEOPLE) VICKY MOCHAMA metroVIEWS

OSCAR SPEECHES WON'T CHANGE THE WORLD — DOCS WILL
metroLIFE

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metro NEWS
Your essential daily news

Good news: Canada's Shubenacadie Sam predicts an early spring.

Man stabbed, robbed by random attacker

metro EXCLUSIVE

Student undergoes surgery after brutal assault

James Doroshuk
For Metro | Winnipeg

A Red River College student is still wearing bandages and stitches following a random attack downtown on the weekend, but he's thankful to those who rushed to his side.

"The people were incredible," said 24-year-old Dylan Murray. "They called the police and put me in a safe place until help arrived."

Murray was attacked around 5:30 p.m. Friday on his evening walk home from the college's Exchange District Campus. He now has stitches on his cheek, and one hand is still wrapped in bandages after surgery.

Police have made an arrest in Murray's assault. It was one in a string of five reported stabbings in the Exchange District and downtown areas over the past two weeks. Victims were stabbed and robbed of personal items, often without warning, police said Monday.

"I saw someone out of the corner of my eye coming up fast behind me," said Murray. "I turned to look at them and they just stabbed and hit my glasses, shattered them on my face and then stabbed me in the cheek."

Red River College student Dylan Murray is one of several victims in a string of downtown Winnipeg attacks over the past several weeks. JAMES DOROSHUK/CONTRIBUTED

The assault took place near the Yellow Dog Tavern on Donald Street just south of Notre Dame Avenue. A suspect also allegedly assaulted five other people between Jan. 13 and 30.

Murray said he got defensive wounds on his hands trying to stop his attacker from stabbing him in the neck. Murray said he dropped his phone and the suspect changed focus.

"This guy took a step back, grabbed my phone off the ground and ran away," he said.

Murray is one of two Red River College students reportedly assaulted in the past two weeks. The other victim was attacked inside the Exchange District Campus on Princess Street.

Red River College security supervisor Rick Lange said the school is taking the assaults seriously and looking at ways to improve the safety of everyone who visits and uses the college.

"We have gone to such exceptional lengths to make sure that we are doing everything we can to ensure the safety of our students, our staff and patrons of the college," said Lange.

The school is adding four new security cameras and beefing up security patrols.

Jesse Nedohin, 21, faces several charges in connection with five separate stabbing attacks, including aggravated assault and robbery.

ILLEGAL IMMIGRATION

Bowman says 'no' to sanctuary city

Stephanie Taylor
Metro | Winnipeg

In the wake of U.S. President Donald Trump's travel ban that targets people from seven Muslim majority countries, a number of Canadian cities are declaring themselves as sanctuaries for those affected by the policy.

Ottawa's city council is poised to vote on whether to become a so-called sanctuary city, while this week Toronto mayor John Tory presented a motion reaffirming the city's status, according to media reports.

Hamilton already has sanctuary city status, and London's city council also just voted to get it.

But what exactly is a sanctuary city? It varies from city to city, but lately, the term has been seen as a display of protest to Trump's executive order and Islamophobia in general.

The status also serves as a promise to all residents, those documented and undocumented, that they will have access to city services without being hassled over their immigration status.

Asked whether Winnipeg could be the next Canadian hub to become to be a sanctuary city, mayor Brian Bowman's office said no — at least not for now.

"At this point, frontline agencies and organizations helping and assisting new arrivals have not identified a need to declare Winnipeg a 'sanctuary city,'" Jonathan Hildebrand, Bowman's spokesman, wrote in an email statement to Metro on Thursday.

"It also isn't clear what the increased benefits or improvements would be from a declaration of this nature. Nevertheless, Mayor Bowman remains open to the idea, and welcomes feedback and thoughts from the community about the need to undertake a declaration such as this."

> **Mayor Bowman remains open to the idea, and welcomes feedback and thoughts from the community**
> Jonathan Hildebrand

An anti-colonial migrant justice group calling themselves No One Is Illegal (NOII) will host two rallies on Friday to denounce Trump's executive order and demand Bowman make the declaration.

"NOII is calling on Mayor Brian Bowman to make Winnipeg a sanctuary city for the safety of undocumented migrants," according to a release issued Thursday.

In the U.S., sanctuary cities are municipalities that refuse to 'out' undocumented residents and turn them over to federal immigration authorities. Trump has threatened to pull federal funding from cities that refuse to deport undocumented immigrants.

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Heritage saga continues

DEVELOPMENT

Public Safety building issue reaches province

Stephanie Taylor
Metro | Winnipeg

The debate surrounding the heritage value of Winnipeg's Public Safety building got the attention of more than just city officials, residents and advocates of modernist architecture.

A briefing note released under freedom of information legislation shows the issue landed on the desk of Manitoba's Minister of Culture, Heritage and Sport last summer.

Rochelle Squires said in an interview Thursday she had been in cabinet for less than three months as opinions were swirling about the heritage value of the 50-year-old building, which the city set on a course for demolition in April 2016.

The Public Safety building officially closed in July 2016 when police moved into their new headquarters on Smith Street. DAVID LIPNOWSKI/FOR METRO

Councillors made their decision based on a city-commissioned report that said refurbishing the interior of the former police headquarters would be too costly, and recommended it, along with the neighbouring Civic Centre Parkade, closed in 2012, be torn down and the site be redeveloped into public space, with a portion sold into private hands.

According to the briefing note, the city is unique in that it has powers under the historical resources bylaw, adopted in 2014, to grant heritage status to the building.

All other municipal governments must bestow heritage status under provincial legislation.

And although the act allows the province to designate sites with heritage status if it's "considered to be of significance to the province as a whole," Squires said that request must come from a building's owner.

In the case of the Public Safety Building, that didn't happen.

"Exceptions have not been made in the past and that was the end of the story," she said.

"We have never interfered."

Consultations are currently underway to determine a redevelopment plan for the PSB lands. CentureVenture, the city's arms-length downtown development agency, is leading the charge with the city's planning department.

The briefing note chronicles the PSB's history from its construction in 1966 as part of "a civic modernization" campaign that included city hall, the Centennial Concert Hall and the Manitoba Museum.

The Public Safety building officially closed in July 2016 when police moved into their new headquarters on Smith Street, which is the subject of an RCMP fraud investigation.

AIRLINE

NewLeaf ups flights, cuts destinations

Lucy Scholey
Metro | Winnipeg

NewLeaf is boosting its flight frequency this summer, doubling routes in high-demand markets.

The Winnipeg-based low-fare flight company announced on Thursday that travellers will see the increased routes between May 1 and Oct. 30, 2017.

For Winnipeg fliers, that means more NewLeaf flight options to Abbotsford (nine times per week), Edmonton (three times per week), Hamilton (five times per week)

However, that means fewer NewLeaf destinations. Currently, NewLeaf lands in seven markets. This summer, it will land in five markets.

NewLeaf launched on July 25, 2016 as an ultra-low fare flight option.

The company is a ticket reseller, buying seats from Kelowna, B.C.-based Flair Airlines and selling them to the public for cheap. Flair Airlines, which owns and operates a fleet of Boeing 737-400 jets, is licensed under the Canadian Transportation Agency.

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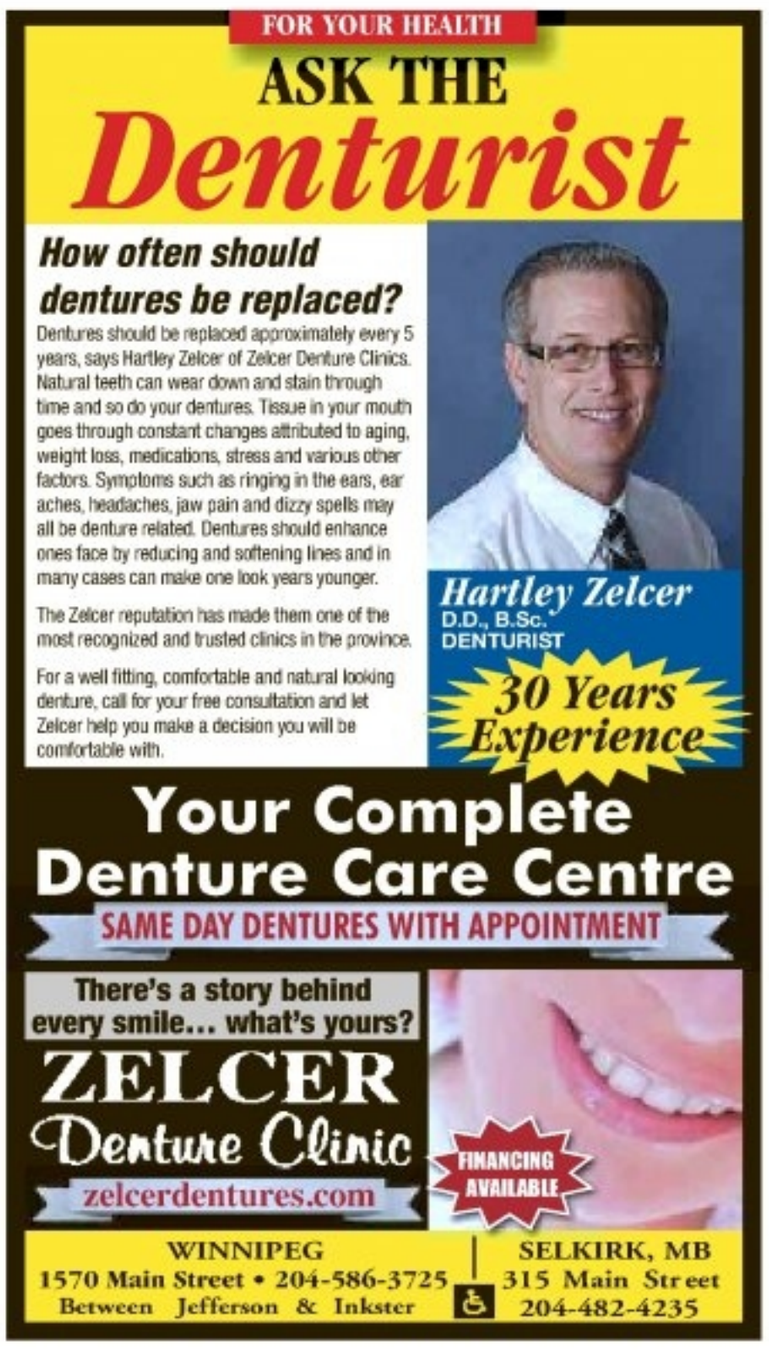
FOR YOUR HEALTH
ASK THE Denturist
How often should dentures be replaced?
Dentures should be replaced approximately every 5 years, says Hartley Zelcer of Zelcer Denture Clinics. Natural teeth can wear down and stain through time and so do your dentures. Tissue in your mouth goes through constant changes attributed to aging, weight loss, medications, stress and various other factors. Symptoms such as ringing in the ears, ear aches, headaches, jaw pain and dizzy spells may all be denture related. Dentures should enhance ones face by reducing and softening lines and in many cases can make one look years younger.
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Facebook blocks Tanya Tagaq

SOCIAL MEDIA

Inuk singer says account suspended over seal photo

Award-winning Canadian singer Tanya Tagaq says she has been temporarily suspended from Facebook because of a photo of seal fur.

Tagaq, who is from Nunavut, says her account has been blocked for 24 hours after she shared a friend's photo of a young man wearing a sealskin coat.

The post also called on people to eat and wear seal in support of the Inuit way of life.

The woman who made the coat, Hovak Johnston of Yellowknife, says Inuit use every part of the seal and fur would be discarded if not used in coats.

Facebook's media relations office said it was unaware of Tagaq's complaint and was investigating.

Tagaq says many people in the Arctic live in poverty, and anti-sealing activists are criticizing an important and sustainable livelihood.

THE CANADIAN PRESS

MORE ONLINE metronews.ca

Tanya Tagaq. THE CANADIAN PRESS FILE

CORRECTION

The story "Researchers aim to stop child porn distribution" in the Feb. 2 edition of Metro incorrectly stated that Mehrdad Hosseinzadeh and Binglin Li were computer engineering students. Metro regrets the error. The online story has also been updated to clarify that developers can't view, access or store any content depicting child pornography.

POLITICS

Labour leader blasts NDP officials

There was more trouble Thursday within Manitoba's New Democratic Party as a key labour leader accused two party officials of interfering in the party's upcoming leadership race.

Interim leader Flor Marcelino and NDP president Ovide Mercredi issued a letter to party members that touts the benefits of allowing every party member a vote.

The party has traditionally used delegates from each constituency and labour group.

"It's unheard of for an elected president or leader to insert themselves at this stage," said Kevin Rebeck, president of the Manitoba Federation of Labour and a member of the NDP provincial council.

Rebeck recently co-chaired a NDP committee that examined the issue and proposed specific rules for both the delegate and one-member-one-vote systems. The committee recommended that the decision on which system to use be left to the annual convention in March.

That idea was approved by the provincial council, which Marcelino and Mercredi sit on.

"I'm pretty shocked that a letter would come out from our party president and leader who were part of a democratic process and decision, and it would come out against that democratic process and decision," Rebeck said.

Mercredi said he simply wanted to get the debate started and see if some consensus could be reached before the annual convention on party rules. The leadership convention is scheduled for September.

The NDP has had internal battles since the fall of 2014, when five senior cabinet ministers challenged the leadership of then-premier Greg Selinger.

Marcelino has repeatedly said the party remains divided, and factions that supported Selinger and his opponents have much work to do to reunite. Selinger remains in the NDP caucus and some supporters, including Marcelino and Mercredi, hold key roles. Marcelino and Mercredi's letter, obtained by The Canadian Press, criticizes the delegate system as "far more exclusive, restrictive" than allowing every party member a vote.

The letter also criticizes specific delegate-system rules proposed by Rebeck's committee that would limit the number of delegates in constituencies with large membership numbers, such as The Pas and The Maples.

"These are constituencies that reflect the strong support our party has received from indigenous peoples and multicultural communities," the letter states.

THE CANADIAN PRESS

IN BRIEF

Director of Winnipeg Harvest to retire

The longtime director of Winnipeg Harvest is set to retire.

The food bank announced on Thursday that David Northcott will be stepping down as executive director, a position he first took in 1984.

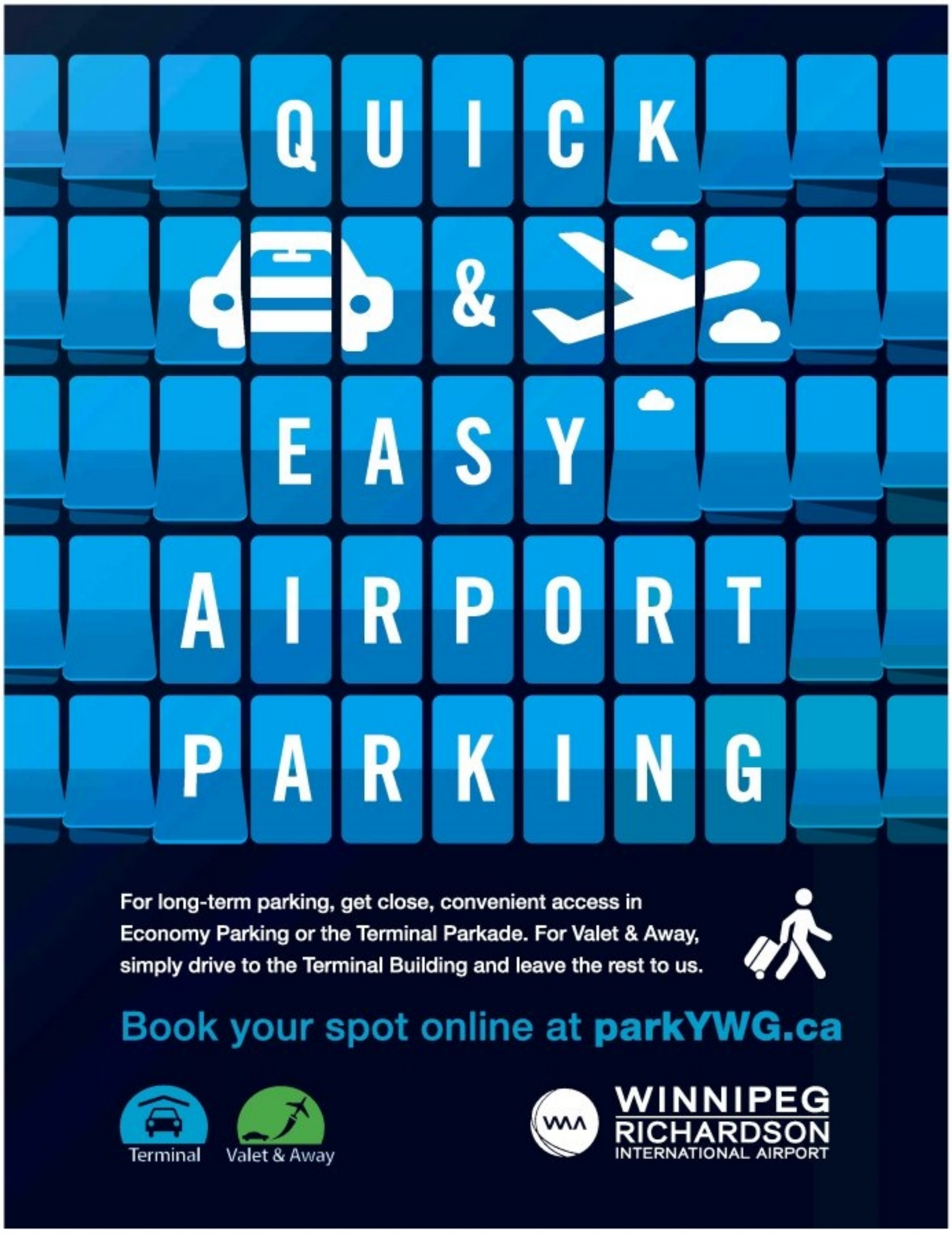
Northcott took a break from 2004 to 2007 when he ran for federal politics and toured Africa, according to a media release.

The release describes Northcott as a passionate advocate for food justice and human rights.

Northcott has earned a number of accolades for his work and community service throughout his career.

He received the Order of Manitoba in 2000 and two years later was an NGO member to the United Nations Second World Food Summit.

Northcott went on to receive the Order of Canada in 2012. STEPHANIE TAYLOR/METRO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WINNIPEG RICHARDSON INTERNATIONAL AIRPORT

5 THINGS TO DO IN THE CITY THIS WEEKEND

For sports fans: the Super Bowl. For metal heads: an Iron Maiden tribute band. MICHELLE BAILEY FOR METRO

1 Super Bowl Sunday Celebrations

The 51st Super Bowl takes place Sunday and while there will be events virtually everywhere, you might want to check out the party at the Thirsty Lion, 525 Dale Blvd. The Oak Park Raiders Football Alumni Committee will be hosting a fundraiser with proceeds going towards renovations at Gil Bramwell Field. Doors open at 2 p.m., tickets cost $10 and snacks are available at halftime. Bonus — Oak Park Alum and Blue Bomber Andrew Harris will be inducted into the committee's Hall of Fame after 6 p.m.

2 You read, I read, we all read

February is I Love to Read month, and Winnipeg's public libraries are kicking things off with Take Your Child to the Library Day on Saturday. There will be magicians and puppet shows at libraries throughout the city. Kids can make their own library card holder and bookmark, play some games, complete a scavenger hunt, read some exciting books and show off new library cards with fun props in a photo booth. Every library has something different going on, so check out the Winnipeg library website for more information.

3 Channel your inner Eddie

If you're a fan of Iron Maiden, you probably know the band is not including Winnipeg as part of its Book of Souls 2017 tour. Head bangers collectively say boooo! But that's OK, because Maiden Manitoba is pleased to fill the void. This Iron Maiden tribute band will be rocking the Assiniboine Gordon Inn on the Park (The Big A) Saturday. Don't run to the hills ... run to 1975 Portage Ave. for 10 p.m. and party like it's 1985.

4 Inner city community celebrates winter

It's a one-day winter festival for the entire family! The West Broadway Snoball will be held at the Broadway Neighbourhood Centre, 185 Young St. from 12-4 p.m on Saturday. There will be skating, snow sculpture building, a snow obstacle course and games. A warming fire will serve as a venue for storytelling and drumming. A horse-drawn wagon will take people on a tour of the neighbourhood. The Good Food Club will serve free food and snacks. The West Broadway Community Organization will recognize a community leader for her long-standing contribution to the neighbourhood.

5 Catfish fever

Taking a lead from the social clubs of New Orleans, The Times Change(d) High & Lonesome Club at 234 Main St. presents its Southern Social Club on Friday (P.S. Don't let the building renos fool you — the venue is indeed open). Enjoy homestyle cooking and great music courtesy of the Dirty Catfish Brass Band with a side of Sol James Jambalaya & Cornbread. The kitchen will be busy cooking up southern delights. A $20 cover includes dinner. Doors open for the early show at 6 p.m. (advance tickets only for this show). Doors open for late show at 9 p.m. Go to www.highandlonesomeclub.ca for more details.

If You Bought Sylvania Automotive Lighting You Could Get Money from a Class Action Settlement

Detailed information and updates are available on the Settlement Website:

www.autolightclaims.ca

A Canada-wide Settlement has been negotiated in class actions relating to the marketing and sales of Osram Sylvania Premium Automotive Lighting. This Settlement has been approved by the Courts and will provide benefits to purchasers of the following "Covered Products":

SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsules	SilverStar, XtraVision, or Cool Blue sealed beam headlights	SilverStar fog or auxiliary lights

ARE YOU INCLUDED?
You may be a Class Member if you purchased a Covered Product in Canada from September 22, 2005 until December 31, 2014.

WHAT IS THIS CASE ABOUT?
The lawsuits claim that Osram Sylvania, Inc., Osram Sylvania Products, Inc. and Osram Sylvania, Ltd. ("Sylvania") misrepresented that certain replacement automotive lighting is brighter, provides a wider beam and allows drivers to see farther down the road than standard halogen lighting. It also claims that Sylvania omitted material information regarding the reduced life of the replacement lighting. Sylvania denies that it did anything wrong. The Courts did not decide which side was right. Instead, the parties have decided to settle.

WHAT DOES THIS SETTLEMENT PROVIDE?
A Settlement Amount of not less than CDN $1,150,000 (the "Settlement Fund Minimum") and not more than CDN $1,750,000 (the "Settlement Cap Maximum") is intended to pay claims to eligible Class Members, Notice Costs, Claims Administration Fees and Expenses, Class Counsel Fees and Expenses, and Honorarium Awards to the Representative Plaintiffs. In addition, Sylvania has also modified certain product(s) packaging. Full details about the Settlement are available on the Settlement Website at **www.autolightclaims.ca**.

WHAT TYPE OF COMPENSATION CAN YOU RECEIVE?
Individual Class Member may qualify for Compensation for one of the following, irrespective of how many products have been purchased:

Covered Products	Initial Amount	Maximum Amount
SilverStar ULTRA, SilverStar, XtraVision, or Cool Blue replacement headlight capsule	$12.00	$24.00
SilverStar, XtraVision, or Cool Blue sealed beam headlights	$12.00	$24.00
SilverStar fog or auxiliary lights	$12.00	$24.00

For each Claimant who submits a valid Claim, payment as described above will be issued[1], so long as providing such Compensation does not exceed the Settlement Cap Maximum. If providing each Claimant with such Compensation will exceed the Settlement Cap Maximum, then in such circumstances each Claimant's Compensation will be reduced on a *pro-rata basis*.

HOW DO I ASK FOR A PAYMENT?
To receive Compensation, eligible Class Members must submit a Claim Form to the Claims Administrator through the Settlement Website, by email, or by mail sent no later than **May 4, 2017**. The Claim Form only takes 3-5 minutes to complete. No proof of purchase is necessary.

WHEN SHOULD I MAKE A CLAIM?
Immediately - the Claim Form is already available on the Settlement Website at **www.autolightclaims.ca** or you can obtain one by contacting the Claims Administrator at **1-855-745-7374**. You should act as quickly as possible, a Claim Deadline has been set for **May 4, 2017**.

WHAT HAVE THE COURTS DECIDED?
The Ontario Superior Court of Justice and the Superior Court of Québec have approved the Settlement as fair, reasonable and in the best interests of Class Members. The Courts have also approved a request from Class Counsel for counsel fees, disbursements and taxes, as well as, honorarium payments to the Representative Plaintiffs.

WHAT ARE YOUR OPTIONS?
If you are a Class Member, you may (1) send in a Claim Form; (2) exclude yourself (Opt-Out); or (3) do nothing.

If you don't want to be legally bound by the settlement, you must opt-out. To do so, you must complete and submit an Opt-Out Form to the Claims Administrator by no later than **March 20, 2017**. The manner in which you opt-out is available on the form found on the Settlement Website. Residents of Québec must in addition give notice to the Clerk of the Superior Court of Québec. Anyone who opts out will not be bound by the Settlement Agreement and will not be eligible to claim benefits under the Agreement, but may be eligible to pursue an individual claim.

WHEN WILL I BE PAID?
Cheques will only begin to be mailed to eligible Class Members for Compensation at the earliest starting on July 3, 2017.

HOW CAN I GET MORE INFORMATION?
This Notice summarizes the proposed Settlement. More details are in the Settlement Agreement. You can get a copy of the Settlement Agreement and detailed information on how to obtain or file a Claim or Opt-Out on the Settlement Website at **www.autolightclaims.ca**. For any other information, please call the Claims Administrator at:

Bruneau Group Inc.
Nelson C.P. 20187 – 322 Rideau St.
Ottawa, Ontario K1N 5Y5
Tel: **1-855-745-7374**
Email: **info@autolightclaims.ca**

WHO REPRESENTS ME?
Class Counsel, or the law firms representing the Plaintiffs, are the following:

Consumer Law Group P.C
251 Laurier Ave. West, Suite 900
Ottawa, Ontario K1P 5J6
jorenstein@clg.org

Consumer Law Group Inc.
1030 rue Berri, Suite 102,
Montréal, Québec H2L 4C3
agrass@clg.org

[1]less the withholding owing to the *Fonds d'aide aux recours collectifs* (for Quebec residents only and if applicable).

This Notice has been approved by the Ontario Superior Court of Justice and the Superior Court of Québec.

Anderson family vision care

OPTOMETRISTS:
Dr. Matthew Anderson
Dr. Tyler Anderson
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Picasso exhibits coming to Winnipeg

ART

Work part of Canada 150 Celebrations

Danielle Doiron
For Metro | Winnipeg

Picasso is coming to Winnipeg for the first time in almost half a century.

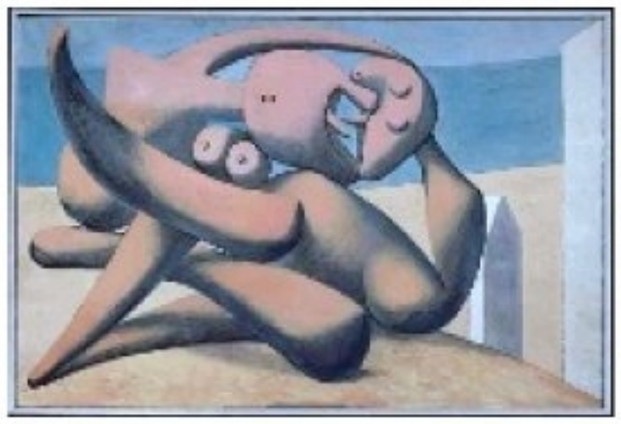
In 100 days, the Winnipeg Art Gallery will host two exhibitions of Pablo Picasso's work: Picasso in Canada and Picasso: Man and Beast. The Vollard Suite of Prints.

Picasso in Canada is part of the Canada 150 Celebrations and brings together over 30 paintings, drawings, engravings and ceramic pieces from eight museums across the country. The exhibit spans five decades of Picasso's work and includes intimate portraits of the artist's lovers. It also features Seated Woman, on loan from the Art Gallery of Ontario. The piece is one of the most renowned Picasso paintings in a Canadian public collection, according to a release.

The Vollard Suite features 100 prints and etchings produced in the 1930s. It's one of the only complete sets in the world today. The collection explores the" civilizing nature of art."

"Picasso is one of the most recognizable names in the world, and whether or not you know his art, this pair of exhibitions will surprise and excite you by highlighting his extraordinary skill and many sides," WAG director and CEO Dr. Stephen Borys said in the release.

Both collections will open on May 13 and run until Aug. 13.



Pablo Picasso's Figures au bord de la mer (Figures on the Seashore), 1931. © RMN/ RENE-GABRIEL OJEDA

MUSIC

Lovesick for this local soundtrack

Matt Schellenberg, a member of the popular Winnipeg-based indie-pop band Royal Canoe, created the soundtrack for the movie Lovesick. JANINE KROPLA

Michelle Bailey
For Metro | Winnipeg

Jocelyne Schellenberg was sitting first row, near the middle, last Friday when the Winnipeg-based movie Lovesick came on the screen in the cozy theatre at Cinematheque.

As much as she was there to watch the story of a 33-year-old man named Dash who's mourning the loss of his ex-girlfriend who's marrying someone else, she was equally as delighted to listen to the music that weaves throughout the rom-com.

That's because the soundtrack was written by her son Matt Schellenberg, a member of the popular Winnipeg-based indie-pop band Royal Canoe, who grew up in Kleefeld, Man.

"Mom would be thrilled if you pointed out that I'm from Kleefeld," said Matt Schellenberg, 32, in an interview with Metro from Manchester, England, where he and his Royal Canoe bandmates are currently touring.

Schellenberg had worked with the mastermind behind Lovesick, writer Tyson Caron, on previous projects. When the time came for Caron to collaborate with someone to create the soundtrack for his "love letter" to Winnipeg he turned to his friend, Matt.

"I had worked with Tyson before on some documentaries," he said. "He came to me with this vision of what he wanted and I knew I could be a part of this."

While he did bring in other musical talent, including bandmate Matt Peters, Schellenberg's soundtrack features 13 original songs and features an all-Manitoban lineup of musical contributors, including John K. Samson (the Weakerthans), Alexa Dirks (Begonia) and Bobby Desjarlais (Attica Riots).

It seems others besides Mom Schellenberg like what they hear from the Lovesick soundtrack. Her boy is up for the award for Achievement Music — Original Song award at the Canadian Screen Awards in Toronto March 12 (psst ... this is kinda the Canadian version of the Academy Awards, so it's a big deal).

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CONSERVATIVE LEADERSHIP RACE

O'Leary posts gun video on day of funeral

Conservative leadership candidate **Kevin O'Leary's** campaign team on Thursday re-circulated a months old **video of him at an American shooting range.** YOUTUBE

Andrew Fifield
Metro | Toronto

Conservative leadership candidate Kevin O'Leary's social media team posted a video of the TV personality firing several guns on the day three victims from the Quebec City mosque shooting were buried.

"Still have my shooting chops from my days as a military cadet at Stanstead College," read the accompanying caption on O'Leary's Facebook page. "Getting up at 5 a.m. was hard but worth it."

Although the short clip, which was filmed at Lock & Load Miami, was posted directly to O'Leary's social media channels Thursday afternoon, it was originally uploaded to YouTube last March where it has been viewed more than 2,000 times.

The video was also uploaded to his Vimeo page for the first time Thursday.

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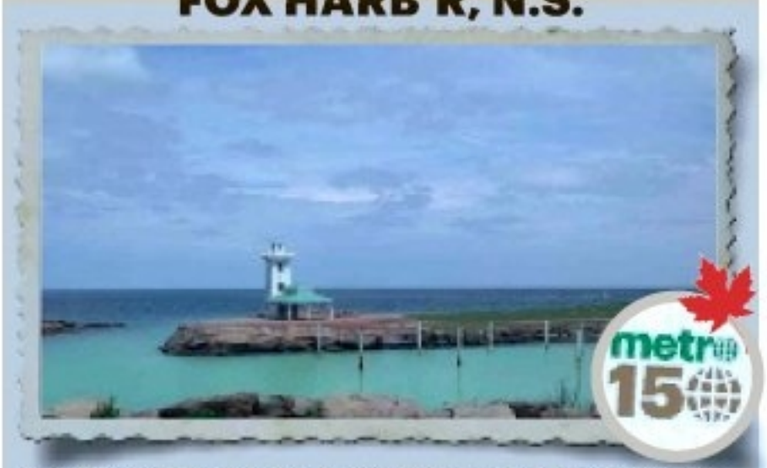

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LESLEY-ANNE SCORGIE, TORONTO

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Mourners pray during a funeral ceremony for three of the victims of the deadly shooting at the Quebec Islamic Cultural Centre, in Montreal on Thursday. AFP/GETTY IMAGES

'We are all Quebecers'

MOSQUE KILLINGS

At funeral, PM urges solidarity

A brutal massacre at a Quebec City mosque has left Canada reeling in shock but also unified the country in solidarity with Muslims, Prime Minister Justin Trudeau said at a funeral service Thursday for three of the six victims.

"It is with a heavy heart that we come together this afternoon to grieve the loss of these innocent lives," he told the solemn crowd. "But as a community and as a country, together we will rise from this darkness stronger and more unified than ever before — that is who we are."

Abdelkrim Hassane, Khaled Belkacemi and Aboubaker Thabti were devoted fathers who worked hard to ensure their families had a bright future, a dream Canadians across the country have shared for generations, Trudeau said. Several thousand mourners packed the Maurice-Richard Arena to pay their respects to the three men.

All six were fathers, "like me, like us," said Quebec Premier Philippe Couillard. "I want to tell Muslim Quebecers: you're at home here, we are all Quebecers," he said to thunderous applause. THE CANADIAN PRESS

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The politics of broken promises

Prime Minister Justin Trudeau speaks during Question Period in the House of Commons in Ottawa on Jan.31. ADRIAN WYLD/THE CANADIAN PRESS

ELECTORAL REFORM

Critics say PM's abandonment of issue a blow to credibility

The New Democrats called him a liar. He can't be trusted, echoed the Conservatives. And the leader of the Green party said he left the country's young people disillusioned and weeping.

To be sure, Prime Minister Justin Trudeau provoked an impassioned response from his political rivals when he officially abandoned his unequivocal promise to change the way Canadians vote in time for the next federal election.

But what of the majority of Canadians? Do they care? Does it matter?

The prime minister and the team around him knew there was no getting around the fact a promise had been broken.

Still, Trudeau's rationale for doing it — in essence, Canadians weren't clamouring to change the way they choose their federal government — could very well end up being the same one that allows him to emerge from the controversy relatively unscathed.

There is a common assertion that electoral reform is an issue championed by youth and, therefore, must be one of the principal reasons why so many young voters turned out to cast their ballots for the Liberals in the 2015 election.

> **It becomes a metaphor for the person's reliability.**
> Scott Reid

That the Liberals won over more youth voters than other parties in 2015 is not in dispute, but there is little evidence it had much to do with the promise of electoral reform — or that breaking said promise will drive them away in droves.

"I see no evidence that youth care more about this issue than other Canadians," said David Coletto, the CEO of Abacus Data.

His April 2016 report, commissioned by the Canadian Alliance of Student Associations, suggested that electoral reform was low on the list of priorities for youth.

Only 13 per cent of respondents between the ages of 18 and 25 listed it among their top 5 five issues. Of those who did, only three per cent said they would select it as their single most important priority.

Of course, a lack of interest in electoral reform does not necessarily mean a complete lack of interest in the broader narrative of a prime minister breaking a promise.

Scott Reid, the Conservative democratic reform critic, likens Trudeau's promise to that of former U.S. president George H.W. Bush: "Read my lips: no new taxes."

"It becomes a metaphor for the person's reliability on other promises," Reid said.

That's a point Nathan Cullen, the NDP critic for democratic reform, plans to hammer home.

Like any issue, there is a highly dedicated group of Canadians that has been active on electoral reform for a long time, as well as a slightly larger group who might not know as much about the ins and outs of voting systems but are engaged in politics.

THE CANADIAN PRESS

The faces of love

Immigrants and refugees across the country tell Metro what they love about Canada, and how to spread love across the world. METRO CANADA

Halifax's Abdalah Ahmad Al Ahmad

1 SYRIA - ABDALAH AHMAD AL AHMAD

Syrian refugee Abdalah Ahmad Al Ahmad arrived in Halifax with his wife and five kids last February. Their children had no access to schooling for the almost four years they stayed in Lebanon, so they were "thrilled" to come to Canada.

When asked about how to best spread the love during troubled times, Al Ahmad pauses and smiles. The best way to spread more love, he believes, is for Canadians to just keep doing what they're doing.

"Keep doing exactly what you're doing now. The most beautiful thing I noticed here in Canada is whenever you look at anyone you always find a smile on their faces... Just do that."

2 YEMEN - OMAR AL-EMRANI

A decade has passed since Omar Al-Emrani left his home in Yemen after being offered an engineering scholarship at the University of Calgary.

Just one year into his new life in Canada, a 19-year-old Al-Emrani took a friend up on the strange offer to hitchhike to Vancouver.

"Along the way we were picked up by four different people," he said.

"I was always curious to ask them — why? Why would you pick people up? But they all shared one thing: their eagerness and interest to learn about different people and different cultures and just sharing the love for humanity." In the end he got to know the country he now considers "home."

Calgary's Omar Al-Emrani

Winnipeg's Hani Al-Ubeady

3 IRAQ - HANI AL-UBEADY

Hani Al-Ubeady left Iraq 26 years ago to find the personal freedom and peace he says he now has in Canada.

"I chose Canada, and I think it was based on a gut feeling. Canada is a country of immigrants, built by immigrants," he said. "It's a country I can belong to."

Al-Ubeady said he started a new life when he came to Canada. It's now his home — a place where he could pursue his goals without persecution.

"It is our country without any hesitation," he said. "Canada is an inclusive society with a few incidents. Now, I have children born here. They are proud to be here... We won't let hate shake us down."

4 SUDAN - YOUSIF MAKKAWI

The way to spread more love in the world is for people to think of themselves as individuals, and not as members of a country or race. That's the advice of Yousif Makkawi, winner of the 2016 Outstanding Volunteer Award from the Ottawa Regional Cancer Foundation, director of the Sudanese-Canadian Association of Ottawa and member of the African Canadian Association of Ottawa.

Asked how to spread more love in, he said, "(People) should think of themselves as who they are. ... You don't say, 'I am Sudanese,' or 'I am Canadian.' I am Yousif, and I love everybody."

Ottawa's Yousif Makkawi

Vancouver's Golsa Golestaneh

5 IRAN - GOLSA GOLESTANEH

Golsa Golestaneh, 19, came to Vancouver in 2012 with her family, as government-assisted refugees. They fled from Iran, where her politically active parents were persecuted after mass protests in 2009.

"If they were arrested again, they would probably not survive," she said.

What carried Golestaneh through their escape was "love," she said, which she found in refugees' openness and understanding for others."As a refugee, love is the basis of our society," she said.

Now, "love," to her, "looks like community."

6 SOMALIA - OSMAN ALI

As a 20-year-old refugee arriving from Somalia in 1978, Osman Ali thought nothing was going to be easy.

He had nothing, and he knew no one in the country. But he was amazed at how friendly and welcoming people were. "It was easy to fall in love with Canada," he said. "You couldn't have wished to live anywhere else."

As he went through the immigration process, and later studied and started his own family, he continued to appreciate the country's multiculturalism and the sense of diversity he sees. "Canada is you and me. That's really what I like."

Toronto's Osman Ali

Toronto's Eiman Zarrug

7 LIBYA - EIMAN ZARRUG

Her parents left Tripoli when she was only four months old, and Eiman Zarrug lived in London, England, before coming to Canada when she was eight.

"The difference was like night and day," she said, remembering being fascinated by the ability to find Ethiopian food or a Chinese restaurant. While her background made it a challenge to "fit in" in Europe, it felt like an advantage in Canada. "Being different was comforting," she said. "If you ask me where I'm from I'll tell you that I'm Canadian before going into details of what's written on my passport."

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Americans divided over sanctuary cities

GOVERNMENT

Executive order is threat to funding

Donald Trump's promised crackdown on "sanctuary cities" has revealed the deep divide on immigration in liberal and conservative states, with some moving to follow his order and others breaking with the U.S. government to protect immigrants in the country illegally.

In Texas, Republican lawmakers pushed to deny money to cities with the policies on Thursday as demonstrators disrupted a hearing several times. Another U.S.-Mexico border state, California, is moving in the opposite direction by advancing a statewide sanctuary that would prohibit law enforcement in the nation's most populated state from cooperating with federal immigration authorities.

A woman protests during an anti-Trump rally in Miami on Jan. 31. THE ASSOCIATED PRESS

Trump's recent executive orders threatening to withhold federal funding from communities with sanctuary policies and calling for a border wall have produced widespread protests and fears that more immigration restrictions are in the future. The president's supporters have hailed the efforts.

Cities have mostly taken up sanctuary laws. There's no official definition, but often they tell police not to inquire about the immigration status of those they arrest or they decline requests from immigration officials to keep defendants in custody while they await deportation.

Phoenix leaders will consider a petition next month to adopt the policies.

On the state level, California would not be the first to block police from enforcing federal immigration law. Oregon pioneered statewide sanctuary in 1987, when immigrant workers and their families were sometimes housed in appalling conditions despite their importance to agricultural profits.

Oregon Gov. Kate Brown said she will enforce the law that prohibits police from detaining people who are in the U.S. illegally but have not broken other laws. She ordered all state agencies, not just law enforcement, on Thursday to follow the policy.

"They mow our lawns. They pick our grapes," Brown said last week. "They take care of our children and they take care of our seniors, and I want to make sure they feel welcome in Oregon." THE ASSOCIATED PRESS

REFUGEES

Trump 'disappointed' in deal with Australia

The White House deepened its condemnation of an Obama administration refugee deal with Australia Thursday, saying President Donald Trump was "unbelievably disappointed" in the agreement.

Asked whether the deal would continue, Trump said, "We'll see what happens." However, Australian Prime Minister Malcolm Turnbull told Australians that the American president has committed to following through with the agreement to allow mostly Muslim refugees to resettle in the United States.

The agreement was a source of friction during a recent phone call between Trump and Turnbull, according to an administration official. The call ended after less than 30 minutes, well earlier than scheduled, though the official disputed reports that Trump hung up on the prime minister. The U.S. official was not authorized to publicly discuss the conversation and spoke on condition of anonymity.

The Obama administration agreed to resettle refugees from among about 1,600 asylum-seekers. Australia has refused to accept them and instead pays for them to be housed on the impoverished islands.

The White House suggested Thursday that the agreement would continue, but provided no details. THE ASSOCIATED PRESS

NEW YORK CITY

Yemenis close up shop
Hundreds of ethnic Yemenis who run New York City bodegas and neighbourhood delis closed shop Thursday in protest of President Donald Trump's travel ban on people from seven Muslim-majority countries. The shops were locked at noon and were to remain shuttered until 8 p.m., according to organizers of a late afternoon rally in downtown Brooklyn. At least 1,000 Yemeni-run small businesses are a part of many New Yorkers' daily lives. THE ASSOCIATED PRESS

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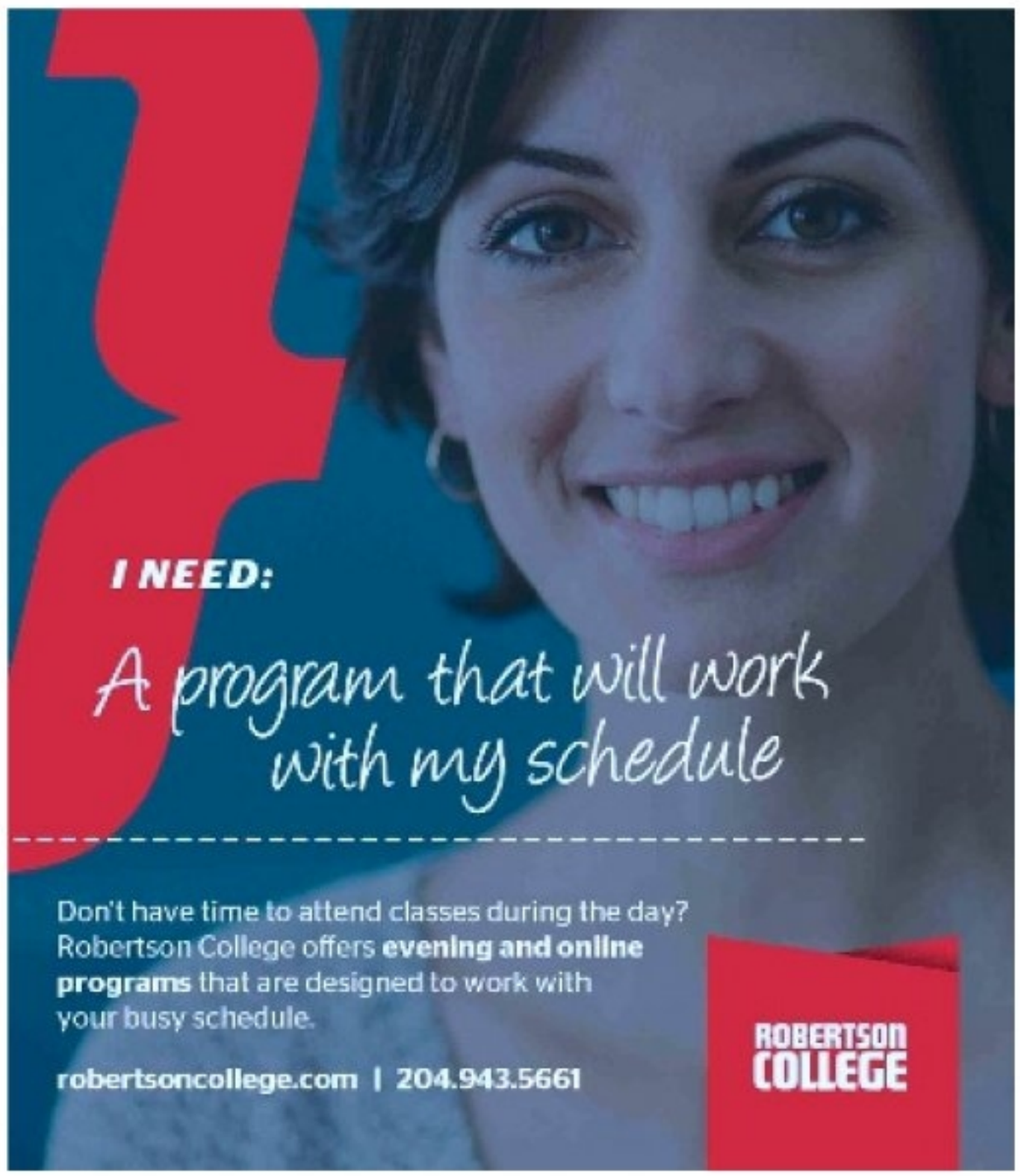
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WAGE LOVE! A special edition
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VICKY MOCHAMA ON LOVE AND APOLOGIES

The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy.

On Wednesday, Joël Lightbound, Liberal MP for Louis-Hébert, apologized to the families of the six men murdered in Quebec and to the Muslim community in Canada. "For the past few years, I have observed their ostracization and their stigmatization; having seen root in the hearts of my fellow men, fear, mistrust and hatred," he said. "I have done my best to answer them, but I have not done enough."

Many more apologies are owed. The Muslim community in Canada has been treated appallingly. A peaceful, kind and diverse community has been treated as a pawn in a craven political strategy, and their faithful citizenship has been rewarded with a cruel lack of loyalty.

During the 2015 federal election, the Conservative leadership used Muslims as a ploy for getting votes. Then-Prime Minister Stephen Harper repeatedly said that a majority of Canadians supported his government's ban on women wearing face-coverings like the niqab during citizenship ceremonies. When a Federal Court of Appeals struck down the ban, the Harper campaign vowed that if re-elected, they would introduce legislation that prohibited the niqab during the ceremonies.

Stephen Harper, then the leader of the nation and his party, owes the Muslim community an apology. He must especially ask the pardon of Muslim women: He used his platform to cheapen their desire to be citizens of this country, and to delegitimize their presence here.

That strain of calculated Islamophobia didn't go away with the party's electoral loss. No, it has instead resurfaced in a more diffuse and dangerous way. The Islamophobia that has been bubbling up since 9/11 has resulted in a twofold increase in hate crimes against Muslims from 2013 to 2016.

SAY YOU'RE SORRY The media, a former prime minister, a current Conservative candidate and the Rebel's Ezra Levant all owe Canadian Muslims an apology, Vicky Mochama writes. CLOCKWISE FROM TOP LEFT: LIAM RICHARDS/THE CANADIAN PRESS, TWITTER, VIDEO SCREENCAP, JEFF MCINTOSH/THE CANADIAN PRESS

Perhaps it is that violent streak that has emboldened so many. Instead of backing down from dog-whistle politics, so many public figures have embraced it.

Having cried tears after her promotion of the Barbaric Cultural Practices Act, Kellie Leitch is now running for leader of the Conservative party on a platform of "Canadian values" – a vague notion that is transparent in its dog-whistling. A competitor, Steven Blaney, has made banning the niqab for public service employees a central piece of his platform. The right-wing media site, The Rebel, and its main personalities (Ezra Levant, Faith Goldy, Lauren Southern, to name a few) have made dangerous sport of Canada's Muslims. The media, too, owes Muslims an apology.

Moreover, a troubling pattern of only speaking to Muslim life when it relates to incidents of terrorism has emerged. In the most recent egregious instance of conflating Islam with terrorism, the Canadian Press published a story about a "report" that claimed mosques were hotbeds for terror. Except the authors had done little research besides walk around mosques.

In this moment of grief, the press, politicians, and public personalities should, like Lightbound, seek the forgiveness of the nation's Muslim communities. The public too is entirely culpable; allowing leaders to capitalize on fears of danger only creates a more dangerous world.

As I watched the funeral of three of the murdered North African Muslim men in Montreal on Thursday, I was struck by many moments, but specifically, by one call-and-response: "Vive Le Quebec. Vive Le Canada."

Even in sorrow, the community embraced those places that had not equally embraced them. For that, we all owe an apology.

ROSEMARY WESTWOOD

Love is the only way we can fight the rise of a hateful president

Just call him Donald J. Trump, purveyor of love. A man who's quick to note how much he loves "the poorly educated," "Israel and the Jewish people," "Hispanics," "the coal miners," and, of course, America (circa the time when it was "great").

As for the love he's inspired in his supporters, some of it was courted, including from anti-abortion activists and evangelical voters who will love his Supreme Court nominee, Neil Gorsuch; and from those thrilled by his executive order on immigration, which relates to his promise to institute a Muslim ban; and from Wall Street, where hearts no doubt swelled at his promised dismantling of Dodd-Frank (the act instituted post-2008 to prevent a similar economic collapse by restricting risky lending by banks).

But Trump's also the founder of a new, national (even international) love-in he did not seek, and which he no doubt finds irritating: The motto Love Trumps Hate, which found a second wind as the de facto operating procedure of the left.

Love, in America, is trumping Trump's presidency. Those who came out in historic numbers for the Women's March, for example, proved that unattractive pink hats have actually no impact on the seriousness or longevity of a movement's activism. All that love for a variety of marginalized groups, expressed in hundreds of marches, has fuelled organized phone-call campaigns to pressure senators to stop the confirmation of Trump's cabinet picks. And in a new poll, 40 per cent of Democratic women say they are committed to being more politically active (just 27 per cent of Democratic men).

Protesters who've swarmed U.S. airports showing love for refugees and immigrants have forced Trump's administration to walk back some aspects of his executive order, and led to the heartwarming image of Jewish and Muslim families protesting side by side, with one child holding an actual "love" sign.

Arguing that it is women, in particular, who are trumping Trump's presidency, journalist Rebecca Traister wrote, "It takes a Villain" to unify and galvanize the left. But it also takes love. Love is how you know what to fight for. Love is what you seek when you stand with others and stand up for your beliefs. Love is the antidote of fear. It is sustenance for any resistance. This is not a revelation: It's been learned by people in dangerous times for centuries.

Still, love gets a rather gushy rap. In masculine cultures, it's been demoted to the feminine, deemed flimsy and passive, a beta emotion, a feeling without much muscle, or strength. But its power is now on full display in the U.S., thanks to the new president. And love poses the biggest threat to his administration.

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When the camera never lies

Hollywood is gearing up for one of the most outspoken Academy Awards ceremonies in living memory. No matter how vociferous and viral Meryl Streep and Co. are likely to be, the real seeds of change are to be found in the best documentary category. This year's list includes blistering explorations of America's relationship with race — 13th and I Am Not Your Negro — as well as Fire At Sea, Gianfranco Rosi's visceral chronicling of the migrant crisis in the Mediterranean. "Documentaries are the first line of education," said Steven Spielberg. Here are five documentaries that educated and, ultimately, made a difference in the world: **JOE CALLAGHAN** METRO

Blackfish

The death of an orca kept in captivity for 33 years made global headline news last month because this wasn't just any orca. The story of Tilikum, his involvement in the deaths of three individuals and the culture of capturing and breeding killer whales at Seaworld and elsewhere changed the aquarium/animal theme park industry worldwide. As Gabriela Cowperthwaite's documentary was given fresh impetus on Netflix, SeaWorld announced last year that it will end breeding, training and performing in favor of a conservation programs.

AND ANOTHER THAT SHOULDN'T BE MISSED

Sharkwater's impact still being felt

While the thoughts of many Canadians are with missing diver Rob Stewart's family this week (rescue efforts were still underway as of press time Thursday), we would be remiss not to include his film on this list. Stewart's ground-breaking 2006 documentary **Sharkwater** is widely seen as one of the most pivotal pieces of conservation filmmaking ever produced. The myth-destroying work led to the creation of a raft of new conservation measures and directly led to shark finning being banned almost worldwide six years later.

The Thin Blue Line

While the wild popularity of Making A Murderer reignited fascination in true crime TV, the original trailblazer came on the big screen in the late '80s. Filmmaker Errol Morris set out to convince the world that Randall Adams had been framed and wrongly sent to death row for a murder he didn't commit. Thanks to the director's pioneering interview style and painstaking reenactments, he achieved his goal. Adams was freed and exonerated after the doc's release.

Super Size Me

Did any image put you off a Big Mac quicker than Morgan Spurlock spewing out his car window after one Happy Meal too many? The creator's cholesterol-tastic month on the Mc-Diet ended with him having heart palpitations but gave the fast food industry even more of a scare. Just six weeks after release, McDonald's discontinued the Super Size option and began a roll-out of healthier items. The fight against obesity goes on but Spurlock made us all a little more Mc-wary.

Why We Fight

If Leni Riefenstahl's 1935 Nazi propaganda masterpiece Triumph of Will helped Hitler's wave of German nationalism rise all the way into World War II, Why We Fight turned the tide of the conflict. The seven-part series, largely helmed by Frank Capra, convinced Americans of the importance of their country's belated involvement in the war, winning an Oscar along the way.

Bowling For Columbine

Michael Moore's devastating delve into the country's unquestioning marriage to the gun was a starting point for the era of the American Idiot, as the U.S.'s global reputation took a nosedive. Moore was awarded an Oscar mere nights after George Bush had signalled the beginning of the invasion of Iraq, being booed from the stage as he blasted the doomed effort.

Understanding the confusion we're in

INTERVIEW

I Am Not Your Negro gives fresh voice to James Baldwin

The key to the production of I Am Not Your Negro came when director Raoul Peck was given an unfinished copy of Remember This House, the book James Baldwin (right) was working on at the time of his death in which he was stitching together reflections on assassinated civil rights leaders Macolm X (left) and Martin Luther King Jr (centre) as well as Medgar Evers. SUPPLIED

One of the surest ways to see the power and relevance of James Baldwin's words today would be to look at some of the signs of recent protesters. "If I love you I must make you conscious of things you do not see," read one. "The only way to be really despicable is to be contemptuous of other people's pain," read another.

Or you could see Raoul Peck's urgent and clarion documentary I Am Not Your Negro. It resurrects Baldwin's words — his eloquent poetry of injustice — with the same fire with which they were blazed. Peck's film, which is nominated for best documentary at the Academy Awards, bears no talking heads. There's no analysis of Baldwin's influence in literature or interpretation of his politics. But there is his voice: clear, direct and piercingly prescient.

"I wanted the confrontation to be direct from his words, to the audience," Peck, who shares his screenwriting credit with Baldwin, said. "I was the messenger."

It took Peck, the Haitian-born filmmaker of Sometimes in April, years to find the right avenue into Baldwin for I Am Not Your Negro, which opens in theatres Friday. A great responsibility hung over the decade-long endeavour, Peck says, to bring Baldwin to the forefront.

"I read Baldwin as a teenager and his writing never left me," said Peck. "His writing structured the man I am today and the filmmaker I am today. I wanted to make sure the next generation had access to Baldwin."

Peck was welcomed by Baldwin's estate, which is managed by Baldwin's younger sister, Gloria Karefa-Smart. But the key to the film only emerged when Karefa-Smart gave Peck the pages of Remember This House, which Baldwin completed 30 pages of before his death in 1987 at age 63. The unfinished book was intended to stitch together reflections on three assassinated civil rights leaders: Malcolm X, Martin Luther King Jr. and Medgar Evers.

But I Am Not Your Negro isn't a time capsule. It's about today. Peck juxtaposes Baldwin's words with images of police brutality, the Black Lives Matter movement and other recent events. Other images flicker at times — John Wayne and Doris Day — that question the white picture of America promoted by Hollywood.

As he toiled, Peck found his film increasingly timely, a relevance that has only increased since the election. When the Ferguson protests grew, he sent a crew to document it.

"I knew how fundamental Baldwin's words were and I knew they were important to understand the confusion we were in," said Peck. "What I did not expect is that it would become so obvious and I would have so many examples and illustrations of what I was working on."

Aisha Karefa-Smart, Baldwin's niece, says Peck's film, which includes excerpts from the FBI's extensive file on Baldwin, was revelatory. "It made me understand my family more in terms of the hushed tones that people spoke in and the unspoken fears that permeated the household."

Baldwin is now widely taught in universities. The Library of America has published his essays, and stories with introductions from Toni Morrison. The James Baldwin Review was begun in 2015. When Chris Rock spoke at a Harlem church on Martin Luther King Day last year, shortly after a second-straight year of all-white acting nominees to the Oscars, he read My Dungeon Shook, Baldwin's letter to his nephew.

What many respond to in Baldwin is his searing directness, his willingness to confront the deep-seated ills of America. "The country's image of the Negro, which hasn't very much to do with the Negro, has never failed to reflect with a kind of frightening accuracy the state of mind of the country," he wrote in Nobody Knows My Name.

Peck believes his film is an intimate one intended to provoke the kind of personal inquiry demanded by Baldwin, who warned against "purposeful blindness."

"You cannot, whether you are white or black or Latino or whoever, you cannot come out of this film an innocent person," says Peck. "You know. You know all you need to know in order to face it, to react, to do something or not. As far as Baldwin is concerned, you have no excuse anymore. The elements, as he would say, are all on the table."

THE ASSOCIATED PRESS

Are you afraid of the...toaster?

IN FOCUS

A look at how inanimate objects in film can terrify us

Richard Crouse
For Metro Canada

Rings revisits the popular movie series about a deadly, mysterious videotape. HANDOUT

Years ago I interviewed Kōji Suzuki, author of the novels that spawned the Ring movies, manga comics and television shows. Ringu, the first book in the series, was published in 1991 and introduced us to the idea of a videotape (remember those?) that killed people seven days after they watched it.

The book and the movie were sensations, but in the interview Suzuki told me something really interesting. It's hard to imagine the Ring movies without the spooky, grainy videotape images, but the writer let it slip that VHS tapes weren't his first choice as a conduit of evil.

What was?

A haunted toaster. Good sense prevailed and he went with another commonplace object, one that almost everyone in the nineties had at least a passing familiarity with.

This weekend, Rings revisits the horrors of the original novel and films as a young guy decides to explore the urban legend of the deadly mysterious videotape. When his girlfriend sacrifices everything to save him, a shocking discovery is made — there's a movie within the movie!

Suzuki made videotapes the spookiest inanimate horror object ever, but they're not the only ones.

We can all imagine the fear that comes along with being chased by a werewolf. Or waking up to find Dracula staring down at you.

They are living, breathing (or in Drac's case, dead and not so breathing, but you get the idea) embodiments of evil. But how about inorganic objects? Have you ever been terrified of a lamp? Or creeped out by a tire?

There have been loads of haunted houses in the movies. In most of them, however, the house is merely a vessel for a spirit or some unseen entity that makes its presence know by making the walls bleed or randomly slamming doors. Rarer is the house that is actually evil.

Stephen King wrote about a house that eats people in the third installment of his Dark Tower series. On screen Robert Zemeckis and Steven Spielberg visualized the idea in the appropriately titled Monster House.

In that animated movie three teens figure out the house across the street is a man-eating monster.

By the time they got around to the fourth installment of the most famous haunted house series, the Amityville Horror, filmmakers had to figure out a new plotline apart from the tired "new owners move in to the house, get freaked out leave," storyline. In The Amityville Horror: The Evil Escapes, a cursed lamp causes all sorts of trouble when it is shipped from the evil Long Island house to a Californian mansion.

Much weirder is Rubber, the story of a killer tire (yes, you read that right) with psychokinetic powers — think Carrie with treads — who terrorizes the American southwest.

It's an absurdist tract on how and why we watch movies, what entertainment is and the movie business, among other things.

But frankly, mostly it's about a tire rolling around the desert and while there is something kind of hypnotic about watching the tire on its murderous journey — think Natural Born Killers but round and rubbery — that doesn't mean Rubber is a good movie.

Finally, think bed bugs are bad? How about a hungry bed? The title of this one sums it up: Death Bed: The Bed that Eats.

MOVIE RATINGS by Richard Crouse

Rings	★
The Space Between Us	★★
The Comedian	★★

HOW RATING WORKS	
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SPONSORED CONTENT — ON THE MENU

PATAL STUDENTS LITERALLY BRINGING HOME THE BACON

Over the last few weeks students in Patal International College's 39-week Culinary Arts program have had the chance to make dishes using cuts of pork from a pig they learned to butcher themselves.

"It's good for them to see that the cuts they use in the kitchen come from a real animal," says Patal chef instructor Steve Watson, adding the students will also be chopping up parts of a side of beef this term. "We have small class sizes here and that allows us to be one-on-one with students and offer a very hands-on learning environment."

Watson and his students have been using the cuts they butchered to make a variety of different pork dishes in the classroom — everything from pork tenderloin medallions and ribs to split pea soup — and they've even learned how to cure and salt their own meats.

"I think it's really good to know what cut you're using and what you're really cooking with," says student Jade Little, whose favourite part so far has been learning how to make bacon. "We cured it and smoked it which was really cool because I didn't know where bacon came from or how it was made before this.

CONTRIBUTED

"Then we got to eat it—that was the best part."

To learn more about Patal International College's Culinary Arts program go to patalvocational.com.

metro TRAVEL
Your essential daily news

Miami's Little Havana placed on list of 'national treasures' in U.S.

When you'd rather stay home

Recent events south of the border — including the travel bans implemented by the Trump administration — have a number of Canadians re-thinking their travel plans. If you would rather keep your dollars north of the 49th parallel, here are some dynamic Canadian substitutes for well-known American destinations. **LOREN CHRISTIE/FOR METRO** ALL PHOTOS ISTOCK

U.S. location: San Francisco
Our equivalent: Vancouver
What you may miss in architectural charm you'll get back in spades from Vancouver's incredible natural beauty. While both of these temperate west-coast cities have vibrant Chinese communities with some of the best options for dim sum I've ever had, Vancouver's Granville Island is more charming than San Fran's overly touristy Fisherman's Wharf area.

U.S. location: Chicago
Our equivalent: Toronto
Toronto offers similar attractions to its sister lakefront city; an amazing aquarium, great sports teams and world-class museums, like the Aga Khan Museum of Islamic art and Muslim culture. While both cities offer distinct neighbourhoods for exploring, Toronto's renowned ethnic diversity allows for a wider variety of cultural experiences.

U.S. location: Washington
Our equivalent: Ottawa
Cancel that DC Trump hotel reservation and book at the Chateau Laurier, named after a Canadian prime minister well known for his policies of conciliation. Although many of the Smithsonian museums are free, so are several of our national museums provided you visit during certain times. With a slate of events planned all year long, this is the time to visit our capital.

U.S. location: New Orleans
Our equivalent: Quebec City
Offering distinctive architecture and French cultural heritage, Quebec edges out New Orleans for the title of the most European city in North America. Although Quebec City may not have the jazz scene that its southern sister does, the Quebec City Summer Festival running from July 6 through 16, 2017 will bring world class music to the La Vieille Capitale.

U.S. location: Boston
Our equivalent: Halifax
These coastal cities have long histories welcoming immigrants who laid the foundations of their countries. While Boston's historic North End is the spot for great Italian fare, Halifax's North End has become the city's most eclectic neighbourhood with a slew of hip eateries and bars. Forget the New England clam chowder and have a Nova Scotia lobster roll.

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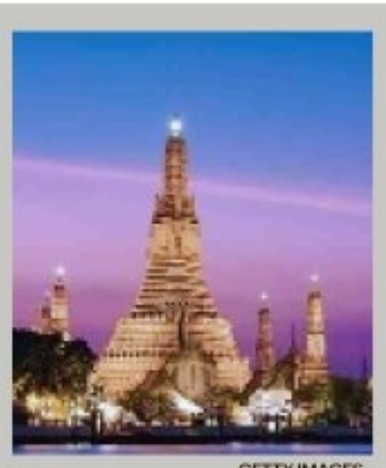
TRAVEL NOTES NEW YEAR, THAI TRAVEL AND BARCELONA BAN

THE ASSOCIATED PRESS

Molten iron creates bright light at Chinese New Year show

Inside a dark amphitheatre near China's Great Wall, four performers carry long, wooden spoons filled with molten iron. Each performer throws the iron against a giant wall. The iron lights up the night in an array of orange showers and sparkles. As the rolling booms of fireworks and firecrackers echoed across much of China for the Lunar New Year, this group of performers staged a celebration with the centuries-old custom of molten iron fireworks. THE ASSOCIATED PRESS



GETTY IMAGES

Record 32.59 million foreign tourists visited Thailand in 2016

Thailand received a record 32.59 million foreign visitors last year, with revenue beating expectations and likely to exceed previous forecasts this year by growing 10 per cent or more, officials said Monday. Thailand is proving popular even after the death of King Bhumibol Adulyadej had hotels and tour guides across the country on edge. The Tourism Authority of Thailand said Monday that the tourist industry earned 2.52 trillion baht ($71.4 billion) last year, up 11 per cent from 2015.
THE ASSOCIATED PRESS

ISTOCK

Barcelona bans new rooms for tourists in the city centre

Despite fierce opposition from hotel and business owners, Barcelona officials agreed Friday to curb the number of rooms for tourists in the city centre in a move aimed at appeasing residents angry about sky-high property prices. The City Council approved the proposal from Barcelona Mayor Ada Colau, an ex-activist who made herself a name campaigning against evictions ordered by banks when tenants failed to repay mortgages.
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Uber and the city of Houston reached a truce Thursday; the car service will run during Super Bowl

The gold standard in coaching

SUPER BOWL

Belichick seen as tough but deeply loyal leader of Pats

He values the team's overall culture ahead of its individual parts.

He rules his team with an iron fist, and yet, instills that team with a sense of family.

He can appear heartless — quick to say "goodbye" to those who no longer fit in — and yet, he is deeply loyal.

He has hard-and-fast ideas about how to run his own team, but is never against learning and adding bits of others' expertise to his own repertoire.

Yes, this is a description of New England coach Bill Belichick, who can set himself apart Sunday by winning a record fifth Super Bowl title as a head coach.

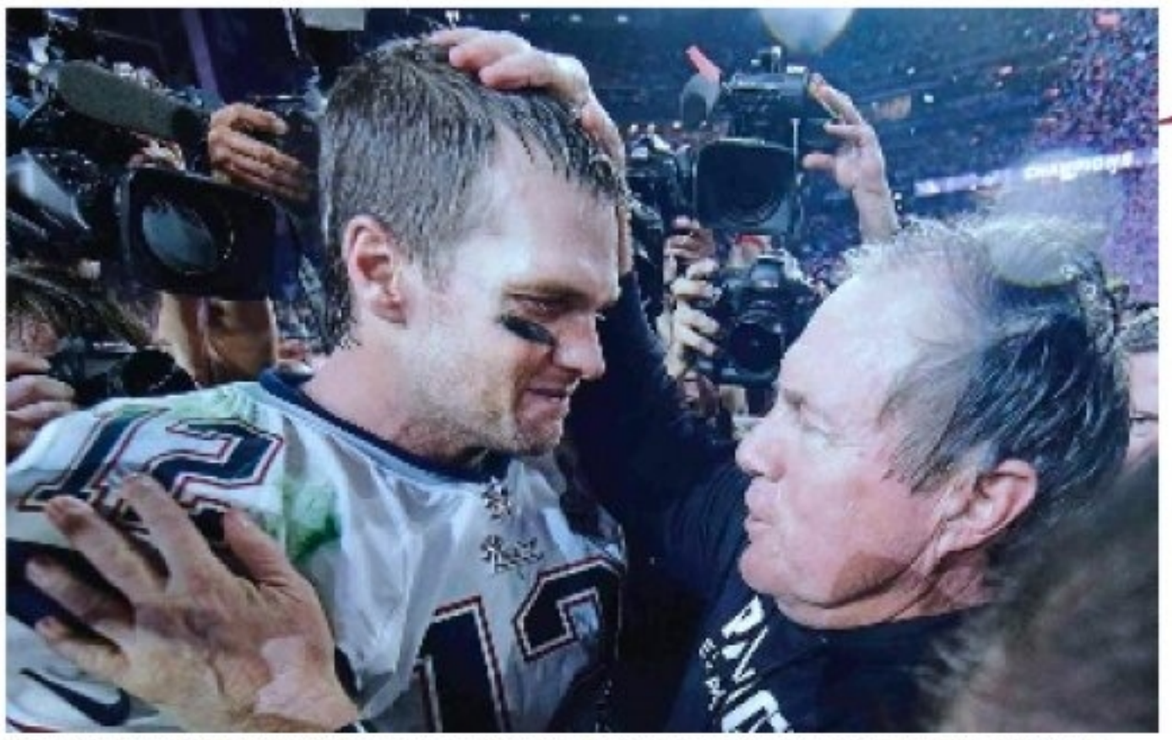
It's also a description of former coaches Chuck Noll of the Steelers and Tom Landry of the Cowboys and Alabama's Nick Saban.

"Xs and Os are the price of admission," says John O'Sullivan, founder of the Changing the Game project, who speaks often about the importance of coaching in society. "But great coaches, the first thing they do is connect. When you connect with people, they'll run through a wall for you."

Belichick, a people person? The same might have been said, or asked, about the most iconic coaches, whose time facing the public usually involves five- and 10-minute segments with the media during which their main goal is to not reveal anything important about their game plan — or much about themselves.

The effort — and sometimes, accolades — they get from their players says more.

A lot has been made this year of New England's decision to part ways with two key cogs in its defence — Chandler Jones in the off-season, then linebacker Jamie Collins, who was (ruthlessly?) traded away to winless Cleveland in October. That defence still allowed the fewest points in the league.



Tom Brady and Bill Belichick embrace after the Patriots won Super Bowl XLIX in February 2015. MATT SLOCUM/THE ASSOCIATED PRESS

Belichick is hardly the first coach faced with those sorts of choices. In the '70s, Landry spent a season shuffling between Roger Staubach and Craig Morton at quarterback. Eventually, he recognized the Cowboys could only succeed with one of them, and he chose Staubach, while trading Morton to the Giants.

"Sometimes it is unfortunate to have to make such a decision," Landry said at the time. "But it is important to clear the air so there is no speculation on it from week to week."

This year's other Super Bowl coach, Dan Quinn of the Falcons, has discussed his season-long quest to turn his group of players into a "brotherhood."

Belichick will never be confused as warm-and-fuzzy, though maybe Vince Wilfork's tweet after parting with the Patriots in 2014 painted the best picture about the sort of atmosphere the coach has created: "We are always family," Wilfork wrote.

And while great coaches have some hard-and-fast rules about how they want to run their teams, the best of them are always keeping an open mind toward learning.

Famous are the stories of Belichick's willingness to go the extra mile — especially in the film room — from the time he got his first NFL job, as an assistant to Colts coach Ted Marchibroda in 1975.

"The impression he made on colleagues was almost universally favourable — open-minded, incredibly hard-working, absolutely committed to being a little better every day ... a master at using film," wrote David Halberstam in his 2005 profile on Belichick, "The Education of a Coach." THE ASSOCIATED PRESS

"I thought I knew something, and really found out that I was really in a position to learn a lot.
Nick Saban, who was Belichick's defensive co-ordinator with the Browns from 1991-94

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Falcons running backs Devonta Freeman, left, and Tevin Coleman run drills during practice last month in Flowery Branch.
CURTIS COMPTON/ATLANTA JOURNAL-CONSTITUTION VIA THE ASSOCIATED PRESS

Atlanta 'brothers' pack big 1-2 punch

SUPER BOWL

Freeman and Coleman are so alike, so deadly for Falcons

Devonta Freeman and Tevin Coleman are so interchangeable in the Atlanta Falcons backfield, Matt Ryan gets a little mixed up at times. "He doesn't even know who's in the game," Coleman said, breaking into a huge smile. Quite a 1-2 punch, these two are.

It really doesn't matter who you put at "1" and who goes at "2." Sure, Freeman is the starter, but there's no drop-off or any reason to change things up when Coleman comes into the game, a back-and-forth arrangement that keeps both backs fresh and gives fits to opposing defences.

But their relationship runs beyond the field. Far beyond it.

"That's my brother," Freeman said in the lead-up to Sunday's Super Bowl against the New England Patriots. "When you see someone, you see that they want to be a part of something special, they're working hard, they're working their butts off, you have no reason but to love that person and have the utmost respect for that person."

> **They complement each other so well.**
> Falcons' pivot Matt Ryan on Freeman and Coleman.

They'll savour it while they can, because chances are this won't be a long-term partnership. They'll be friends for life, that's for sure, but the realities of the NFL — with its salary cap and other devices that make it difficult to keep a team together — will likely lead to a breakup in the not-too-distant future.

Freeman, a fourth-round pick out of Florida State in 2014, already created a bit of a stir early in Super Bowl week by bringing up his desire for a new contract.

He rushed for more than 1,000 yards and has been selected for the Pro Bowl each of the past two seasons. Not surprisingly, he wants to be paid like one of the league's top backs.

Then there's Coleman, a third-round pick out of Indiana in 2015. Despite missing three games with an injury this season, he rushed for 520 yards and eight touchdowns. At some point, he's going to deserve more money and probably a larger role in someone's offence.

"We've thought about this a lot," Coleman said. "But that's going to be my brother always, wherever we're at."

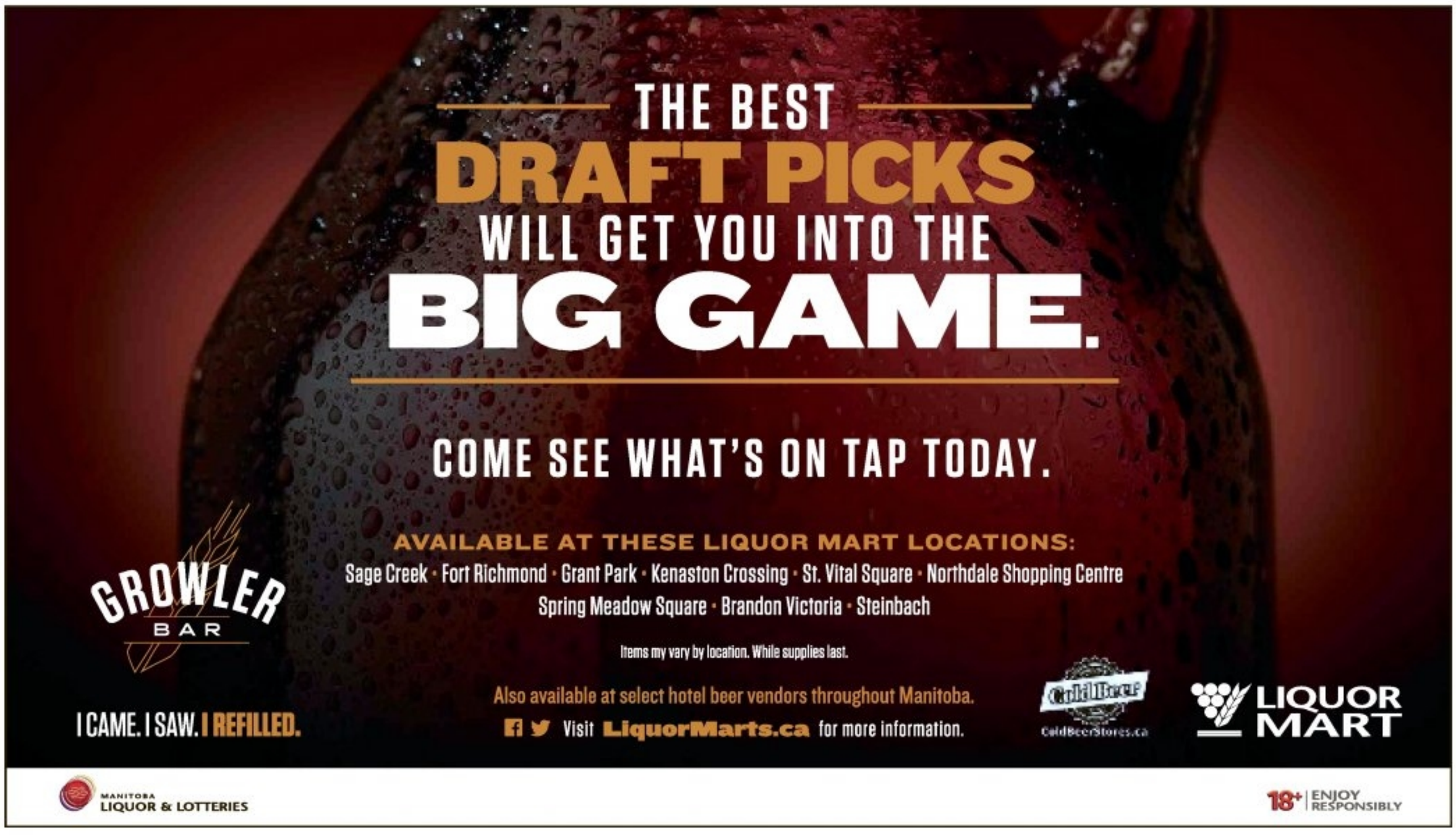
Ryan, the Falcons' All-Pro quarterback and one of the leading MVP contenders, knows how fortunate he is to have two backs such as these. "They complement each other so well," Ryan said. "The unique thing about us and about them is that they're both three-down backs.

"It's rare that you have one guy on your roster like that, and we happen to have two that are really, really talented."

Indeed, as they rotate back and forth on virtually every offensive series, Freeman and Coleman give the league's highest-scoring offence two of its most dynamic, versatile weapons. In addition to combining for just short of 1,600 yards on the ground, they are nearly as dangerous in the passing game.

Freeman had 54 catches for 462 yards and a couple of scores, while Coleman hauled in 31 passes for 421 yards and three TDs. Now you can understand why Ryan sometimes forgets who's in the game. It doesn't really matter. "That makes it difficult for a defence to account for those guys, because there's really no change with what we do with either of those guys in there," Ryan said.

THE ASSOCIATED PRESS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WHEELCHAIR BASKETBALL

Hoops provide reprieve from violence in South Sudan

Warnings of possible genocide hang over the world's youngest nation, but on a basketball court under a fierce morning sun, South Sudan's civil war seems a world away.

Flashing up and down the court in blue and yellow jerseys, the players laugh and sweat as their wheelchairs jostle for position.

This wheelchair basketball tournament in the nation's capital, Juba, is the culmination of a two-week training session run by Jess Markt, a coach from Colorado who has led similar programs in countries ravaged by conflict.

The physically disabled young South Sudanese men, drawn from various ethnic groups, are split into four teams that compete as spectators cheer them on.

"The biggest lesson I have learned from these guys is the power of positive thought and perseverance," Markt said. "They are very poor. Many of them are living in a camp outside the city or they live in rural areas that are very difficult situations, especially for disabled persons, and yet they are on the court playing, laughing and joking as if though they don't have any care in the world."

Many of the players were injured in South Sudan's decades-long struggle for independence from Sudan that ended with the creation of the new nation in 2011. The country has known little peace since 2013, when the rivalry between President Salva Kiir and deputy Riek Machar descended into a civil war in which thousands have been killed amid ethnic tensions.

Wheelchair basketball players compete in a tournament last month in Juba, South Sudan. BULLEN CHOL/THE ASSOCIATED PRESS

Wheelchair basketball training marked the first time some men had been involved in sports, and Markt said he had to teach them how to work together as a team.

James Amoudit Makuei, 19, who travelled hundreds of kilometres to take part, said he hopes to share his skills with other disabled people in his hometown of Yirol.

"I had never played basketball before," he said. "But I have learned a lot of things from the coaches here.... And now I consider myself a basketball player."

He said he dreams of playing for the national team.

Peter Bol Wal, a player-coach who was among the first South Sudanese to play wheelchair basketball, said more disabled people in the capital are embracing the sport. He knew only about 11 players in Juba in 2011 but the number has grown to two dozen, he said.

"This basketball has helped unite us as people with disabilities," he said. "We love each other and we do not talk about our tribal differences."

> **This basketball has helped unite us as people with disabilities. We love each other and we do not talk about our tribal differences.**
> Wheelchair basketball player-coach Peter Bol Wal

The International Committee of the Red Cross, which invited Markt to Juba, supports three physical rehabilitation centres that provide mobility devices and therapy in South Sudan. The aid group works with the South Sudan Wheelchair Basketball Association to put on weekly games.

Markt, who began playing wheelchair basketball at age 19 after a spinal cord injury, has been coaching since 2009 and has trained teams in Afghanistan, India, Palestine and Cambodia.

Markt described his experience in South Sudan as "unforgettable." He recalled one young man, a polio victim, who shouted "Oh my God!" when he scored for the first time after struggling to settle into the rhythm of the game.

"That, to me, is the greatest thing about this type of program," Markt said. "It is helping people who have amazing challenges that they are dealing with in their lives realize how powerful they can be." THE ASSOCIATED PRESS

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AFRICA CUP OF NATIONS

Cameroon look to run table in Gabon

Cameroon didn't need its big-name players to make the Africa Cup of Nations final.

Instead, Cameroon's youngsters knocked out mighty Ghana on Thursday and set up a title decider against record seven-time champion Egypt.

Cameroon beat Ghana 2-0 to return to the final for the first time since 2008, and did it with most of the top stars still in Europe with their clubs. Coach Hugo Broos brought 14 players who had never been to a major tournament.

THURSDAY In Franceville

CAMEROON	GHANA
2	0

Defender Michael Ngadeu opened scoring in the 72nd minute and Christian Bassogog rounded off a counterattack in injury time to make it 2-0. THE ASSOCIATED PRESS

IN BRIEF

Vlad and Doc get called to Canadian Baseball HOF

Former Expos slugger Vladimir Guerrero and retired Blue Jays ace Roy Halladay are among the 2017 Canadian Baseball Hall of Fame inductees.

Longtime Baseball Canada president Ray Carter and umpire Doug Hudlin will also be enshrined in St. Marys, Ont., later this year.

The Canadian team that won gold at the 2015 Pan American Games will also be inducted. THE CANADIAN PRESS

Hockey bosses set to discuss Olympics: Source

NHL participation in the 2018 Olympics may get a much-needed boost on Friday when a meeting will reportedly take place in New York between NHL commissioner Gary Bettman, NHLPA executive director Donald Fehr, IOC president Thomas Bach and IIHF president Rene Fasel. Last weekend, NHL deputy commissioner Bill Daly said: "If the status quo remains I don't expect us to be in the Olympics." THE CANADIAN PRESS

PGA TOUR

Garcia opens strong in Emirates

Sergio Garcia took advantage of better playing conditions in the morning and carded a 7-under-par 65 for a one-shot lead to open the Dubai Desert Classic on Thursday.

Playing ahead of Tiger Woods, who could not make any headway and posted a 5-over 77, Garcia made six birdies and an eagle before finally dropping a shot on the eighth hole, his 17th.

Chile's Felipe Aguilar and South Africa's George Coetzee were tied on 66, and the resurgent Ian Poulter led a group of four players with 67.

Sergio Garcia GETTY IMAGES

Henrik Stenson, the highest-ranked player in the field at 4, posted a bogey-free 68.

Danny Willett started his title defence with a 71.

Six players didn't finish because of poor light. None were threatening the leaders. THE ASSOCIATED PRESS

MAKE IT TONIGHT

Golden Grilled cheese with Garlic Apples

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

The addition of sweet apples softened in butter and kissed with garlic make this humble grilled cheese a sandwich slam dunk.

Ready in 20 minutes
Prep time: 10 minutes
Cook time: 10 minutes
Serves 2

Ingredients
- 1 Tbsp butter
- 1 clove garlic, grated
- 1 Gala apple, peeled and thinly sliced
- 4 pieces of multi-grain bread
- 1/2 cup crumbled, aged cheddar

Directions

1. In a medium frying pan, melt butter over medium heat. Add garlic and sauté until garlic is translucent, about 2 minutes. Toss in apples and sauté until soft, about 2 to 3 minutes. Remove apples and place on a clean pate.

2. In the same pan, place a slice of bread and then cover the top with the shaved cheddar. Lay slice of apple atop cheese and then cap with the other slice of bread. Cook until the underside becomes a gold brown then flip.

3. Remove from the pan and serve when the cheese melts thoroughly and the top is also a golden brown. Repeat with other two slices of bread..

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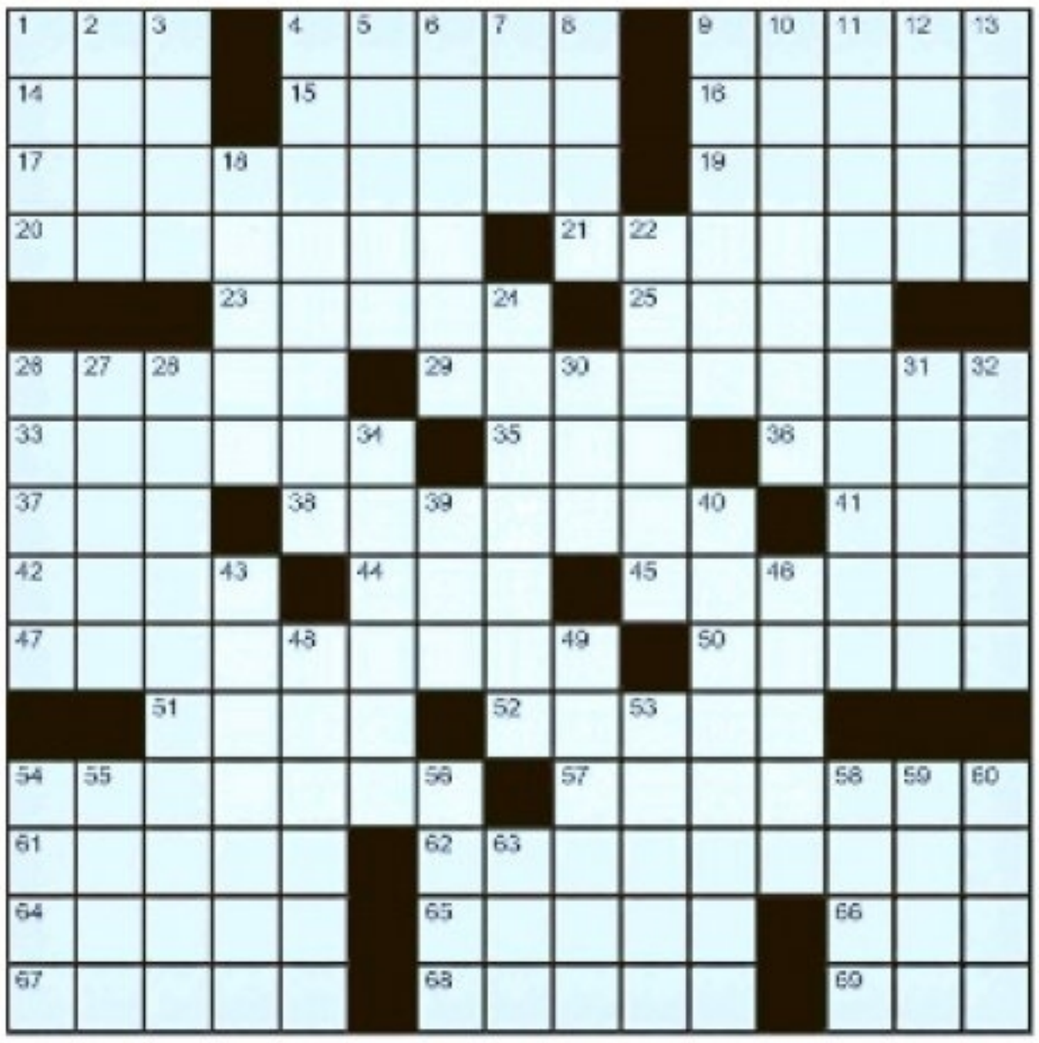
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Title for KFC's Sanders
4. 1917 Russia: Bolshevik Revolution leader Vladimir
9. Casual/noisy pants, for short
14. Stop __ _ dime
15. Sort of skirt
16. Halifax-based energy company
17. Whales that frequent #28-Down
19. "_ _ begin." (It's time we started this meeting)
20. "One of Us" by Joan __
21. Cultivation
23. Soup-server's scooper
25. Sir Coward of plays
26. Spherical
29. Standards measurer
33. How to tackle a problem: 2 wds.
35. Gunk
36. Cut-rate store event
37. "Judging __"
38. Antique purchase, _ _ desk
41. Mr. Bachman
42. Hilarious human
44. Kicker's prop
45. Canadian communications company
47. Do this in a facial to remove flakiness
50. Bull riding show place
51. Sea fluff
52. Snoozed
54. 'M' of RCMP
57. The Young Rascals hit in '67
61. Ms. Lennox of song
62. Existing in the mind only
64. Valuable mine deposits
65. Cyclades island in the Aegean Sea
66. __ up (Absorb)
67. Cheater's date
68. Seven, in Italy
69. Finish

DOWN
1. Salmon of the Pacific Northwest
2. Burden
3. _ and rice (Dog food flavour)
4. Government of Newfoundland & __
5. Antelope of Africa
6. In a fine manner
7. Calligrapher's supply
8. Cozy retreat
9. Yo-Yo Ma's instruments
10. Folded-over frying pan servings
11. Struck back
12. Shoppers Mart link
13. Mailing request, commonly
18. Maneuvered the gondola, say
22. _ carpets
24. New arrivals in the aerie
26. Chicago airport
27. Song's disco-y version
28. Where the world's highest recorded tides are situated, between New Brunswick and Nova Scotia: 3 wds.
30. Deteriorate
31. County in Ireland
32. Ashton Kutcher TV role
34. Guess Who tune: 2 wds.
39. Ms. Michele
40. Marine mammal on a mission?
43. Canada's two dollar coins
46. Boarded the bus: 2 wds.
48. Most recent
49. Jazz music siblings, Les & Larry __
53. Grain fungus
54. Retro milkshake
55. _ _ about (Circa)
56. Chips go-withs
58. Bouquet holder
59. Laundry room appliance
60. Big Apple force [acronym]
63. Ms. West

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
For the next several months, you will be looking good. This is an excellent time to buy wardrobe treasures. Enjoy shopping. (Keep your receipts.)

Taurus April 21 - May 21
Many of you might be involved in a secret love affair for the next several months. You definitely are doing something behind the scenes that pleases you.

Gemini May 22 - June 21
Friendships with creative, artistic people will be important to you this year. In fact, it's a good time to make new friends.

Cancer June 22 - July 23
A romance with a boss might begin for some of you. (This is possible for the next four months.) Meanwhile, others will want your creative advice about things.

Leo July 24 - Aug. 23
Travel for pleasure appeals to you during the next few months. You want a little adventure and a chance to get away for fun!

Virgo Aug. 24 - Sept. 23
Your relationship with romantic partners will be affectionate and cozy during the next few months. This also is a good time to benefit from the wealth and resources of others.

Libra Sept. 24 - Oct. 23
You will improve your relationships with partners and close friends this year, because Venus will be opposite your sign for most of the time until June. This is great news!

Scorpio Oct. 24 - Nov. 22
For the next few months, work on ways to make your workplace feel and look more attractive. Many of you will get a raise or praise as well. Looking good!

Sagittarius Nov. 23 - Dec. 21
This year you'll have lovely romantic possibilities and opportunities. This lovely blessing will last for the next four months.

Capricorn Dec. 22 - Jan. 20
Many of you are involved in redecorating projects at home because you want your place to be more attractive. The next few months also are a great time to entertain at home.

Aquarius Jan. 21 - Feb. 19
Life is good. During the next few months, you will see how much love there is in your daily world. It might amaze you.

Pisces
Feb. 20 - March 20
Look for ways to boost your income during the next few months, because they do exist. (Mind you, you also will be spending money on beautiful things for yourself ones.)

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

	2			5	4		1	
5				1		4		6
							9	
					9			5
2	8			3			4	1
3			7					
	7							
1		9		7				2
	4		1	8			3	

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

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2	9	8	1	4	3	6	5	7
4	6	3	7	2	5	8	1	9
7	1	5	9	8	6	3	2	4
3	5	7	4	6	2	1	9	8
6	8	9	5	7	1	2	4	3
1	2	4	3	9	8	5	7	6
8	4	1	6	5	7	9	3	2
9	3	2	8	1	4	7	6	5
5	7	6	2	3	9	4	8	1

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